

**Claims:**

What is claimed is:

1. A bicycle having at least a portion of control cable internally routed comprising:

5                   a frame, said frame including a head tube;  
                  a handlebar stem received and supported in said head tube, said  
handlebar stem having an internal passageway therethrough;  
                  a handlebar secured to said handlebar stem;  
                  a control lever secured to said handlebar; and  
10               a control cable attached to said control lever and extending from  
said control lever through said passageway in said handlebar stem and  
attached to a control mechanism.

2.               The bicycle of claim 1 wherein the control cable further extends  
15 through the head tube and exits from the bottom of the head tube.

3.               The bicycle of claim 1 further comprising a fork yoke passing  
through the head tube and having an internal passageway wherein the  
handlebar stem is received and supported in the head tube by being received  
20 and supported in the fork yoke, the internal passageway of the handlebar  
stem opens into the internal passageway of the fork yoke and the control  
cable passes through the passageways of both the handlebar stem and the  
fork yoke.

4. The bicycle of claim 3 further comprising a collar for connecting the handlebar stem to the fork yoke without closing the internal passageways of the handlebar stem or fork yoke.

5 5. The bicycle of claim 1 wherein the internal passageway of the handlebar stem extends from the head tube to a point forward of where the handlebar is secured to the handlebar stem and the handlebar is secured to the handlebar stem without closing the internal passageway of the handlebar stem.

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6. The bicycle of claim 1 wherein the handlebar stem has a first end received and supported in the head tube and a second end and the handlebar stem is bent such that the second end points forward at an angle greater than 45 degrees from the first end.

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7. The bicycle of claim 6 wherein the internal passageway of the handlebar stem extends through the bent portion of the handlebar stem.

8. The bicycle of claim 1 having a connection between the  
20 handlebar and the handlebar stem that permits the handlebar to be secured to the handlebar stem in a range of positions along the length of the handlebar stem.

9. The bicycle of claim 8 wherein the handlebar has a collar for securing the handlebar to the handlebar stem without closing the internal passageway of the handlebar stem.
- 5 10. The bicycle of claim 1 wherein the handlebar stem is received and supported in the head tube at an adjustable depth of insertion.
11. The bicycle of claim 1 wherein the control cable, after passing through the handlebar stem, passes into the frame and extends through a  
10 portion of the frame.
12. The bicycle of claim 1 wherein the handlebar, handlebar stem and control cable are covered by a casing.
- 15 13. A set of parts for use as in a headset for a bicycle comprising,  
a) a fork having a fork yoke;  
b) a handlebar stem adapted to be inserted into a first end of the fork yoke;  
c) a connector adapted to be placed around the outside of a  
20 portion of the fork yoke and handlebar stem and connect the fork yoke to the handlebar stem.

14. The set of parts of claim 13 wherein the connector comprises a collar adapted to compress the fork yoke and handlebar stem so as to create a frictional connection between them.
- 5 15. The set of parts of claim 14 wherein the fork yoke has one or more longitudinal slits in the first end.
16. The set of parts of claim 14 wherein the first end of the fork yoke and the collar are threaded such that the collar may be threaded onto the first  
10 end of the fork yoke.
17. The set of parts of claim 14 wherein the collar has an abutment adapted to compress a bearing assembly of the headset.
- 15 18. A set of parts for a bicycle comprising,  
a) a handlebar stem having a first end and a second end, the first end adapted to be connected to a fork assembly of the bicycle;  
b) a handlebar;  
20 c) a connector adapted to attach the handlebar to the handlebar stem with the connector located within a range of positions between the ends of the handlebar stem wherein the handlebar and connector do not cover the second end of the handlebar stem.

19. The set of parts of claim 18 wherein the connector includes a collar attached to the handlebar and adapted to grasp the outside of the handlebar stem.

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20. The set of parts of claim 19 wherein the handlebar stem is bent such that the second end points forward at an angle greater than 45 degrees from the first end.

10 21. The set of parts of claim 18 wherein the handlebar stem has an internal passageway extending between the first end and the second end.